Caru Gwenyn
Bee Friendly

PLANNU AR GYFER PRYFED PEILLIO

Croesawch bryfed peillio i'ch balconi a'ch iard

Mae nifer ein pryfed peillio gwyllt yn gostwng ond y newyddion da yw y gallwch chi helpu!

PLANTING FOR POLLINATORS

Welcome pollinators to your balcony and yard spaces

Many of our wild pollinators are in decline but the good news is you can help!

Llywodraeth Cymru
Welsh Government

Gall pob lle tyfu, waeth beth fo'i faint, fod yn hafan i bryfed peillio. Mae angen i chi dyfu blodau sy'n ffynonellau da o neithdar neu baill.

Every growing space, no matter its size, can be a haven for pollinators. You need to grow flowers that are good sources of nectar or pollen.

Tyfwch flodau sy'n addas i bryfed peillio drwy'r tymhorau. Defnyddiwch 30 uchaf Gardd Fotaneg Genedlaethol Cymru i ddenu'r pryfed.

Have pollinator-friendly flowers in bloom through the seasons. Get your space buzzing with the National Botanic Garden of Wales top 30.

Dechrau'r tymor / Early season	
Prunus	Afalau / Apples
Saffrwm / Crocus	Cyfardwf / Comfrey
Llysiau'r Ysgyfaint / Lungwort	Grug / Heathers
Blodau'r Gwynt / Anemone	Eirlys / Snowdrop
Crafanc-yr-arth / Hellebores	Mahonia
Canol y tymor / Mid-season	
Llwyni mwyar duon a mafon / Blackberries & raspberries	Y Bengaled ac ysgall / Knapweed & thistles
Phacelia	Milddail / Yarrow
Planhigion Allium / Allium	*Eryngium*
Ffenigl / Fennel	Gwiberlys / Viper's bugloss
Perlysiau / Herbs	Mintys y gath / Catmint
Diwedd y tymor / Late season	
Planhigion *Astrantia* / Masterwort	Blodau Pigwrn / *Rudbeckia*
Planhigion *Helenium* / *Helenium*	Planhigion Aster / Aster
Clafrllys y Maes / Scabious	Hocys a Hocys Bendigaid / Mallows & hollyhocks
Iorwg / Ivy	Briweg Iâr Fach yr Haf / Ice Plant
Dahlias blodau sengl / Single-flowered Dahlia	Ferfain yr Ariannin / *Verbena bonariensis*

Lluniau o falconi gan Aga Grandowicz
Lluniau o bryfed gan J Brentnall
Illustrations of balcony by Aga Grandowicz
Illustrations of insects by J Brentnall

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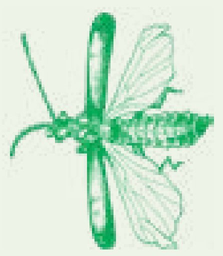
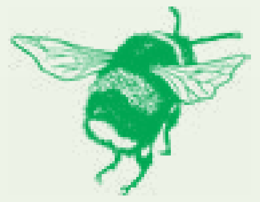
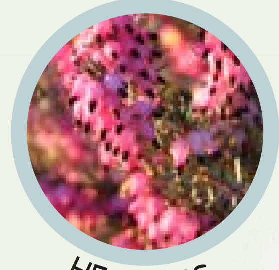
Mae hadau *capan cornicyll* (*Tropaeolum majus*) yn fawr, felly gall plant eu tyfu'n rhwydd. Cofiwch gasglu a storio'r hadau ar gyfer y flwyddyn wedyn.

Nasturtiums (*Tropaeolum majus*) have big seeds, easy for children to grow. Remember to collect and store seeds for the following year.





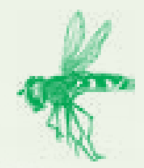


Mae modd tyfu bylbiau sy'n blodeuo yn y gwanwyn – fel eirlysiau, saffrwm a chlychau dulas – mewn potiau neu focsys ffenestri.

Spring flowering bulbs e.g. snowdrop, crocus and grape hyacinth can be grown in pots or a window box.

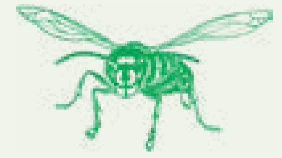
Defnyddiwch ddelltwaith i dyfu llwyni mwyar duon garddwrol sydd heb bigau, neu rhowch gynnig ar wyddfid. Mae'r planhigyn yma, sy'n cynhyrchu arogl persawrus gyda'r nos, yn dda i wyfynod.

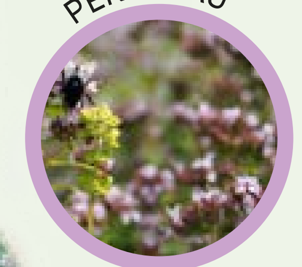
Grow a cultivated thornless blackberry on a trellis or try a honeysuckle. This night-scented plant is good for moths.



Meddyliwch sut gallwch wneud yn fawr o'ch lle. Defnyddiwch ffrâm ddringo, basged grog, bocs ffenestr, silffoedd, neu botiau y gallwch eu rhoi'n sownd yn y wal.

Think about how you can increase space. Use a climbing frame, hanging basket, window box, shelving or pots attached to a wall.





Gallwch dyfu gardd berlysiau mewn pot neu focs ffenestr.

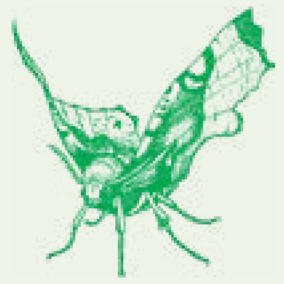
A herb garden can be in a window box or a pot.

Gall cafnau plannu, potiau, blychau ffenestri a basgedi crog ddarparu mannau gwerthfawr ar gyfer tyfu planhigion ar gyfer pryfed peillio.

Planters, pots, window boxes and hanging baskets can offer valuable growing spaces for pollinator plants.

Mae angen i bryfed peillio yfed. I sicrhau cyflenwad cyson o neithdar mae'n bwysig dyfrhau planhigion mewn tywydd sych.

Pollinators need to drink. To maintain a flow of nectar it is important to keep plants watered in dry weather.

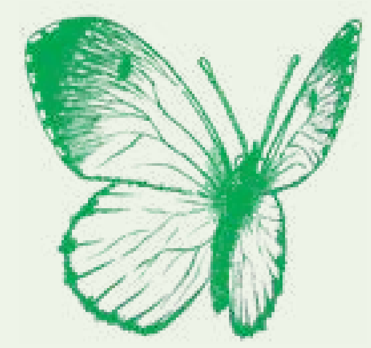


Dewiswch flodau y gall trychfilod gasglu paill a neithdar ohonyn nhw'n rhwydd e.e. blodau agored neu siâp cloch. Peidiwch â dewis planhigion â blodau dwbl.

Choose flowers that insects can easily collect pollen and nectar from e.g. simple open or bell-shaped flowers. Avoid double-flowered varieties.

Arbedwch arian a thyfwch eich planhigion eich hun o hadau a thoriadau gan ffrindiau.

Make savings and grow your own plants from seeds and cuttings from friends.



I gael rhagor o awgrymiadau ar blannu, gweler ein llyfryn Plannu ar gyfer Pryfed Peillio. Dewch o hyd i hwn ar Restr o Blanhigion a Awgrymir ar gyfer Pryfed Peillio ar y dudalen we Caru Gwenyn: https://www.biodiversitywales.org.uk/Caru-Gwenyn

To find more tips on planting, see our Planting for Pollinators booklet. Find this and a fuller Suggested Plant List for Pollinators on the Bee Friendly web page: https://www.biodiversitywales.org.uk/Bee-Friendly

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